THE

GRAHAM JOURNAL

OF HEALTH AND LONGEVITY.

HE THAT STRIVETH FOR THE MASTERY, IS TEMPERATE IN ALL THINGS.—Paul.

Vol. III] BOSTON AND NEW YORK, SATURDAY, AUGUST 31, 1839. [No. 18

SURE METHODS OF IMPROVING HEALTH AND PRO-

LONGING LIFE, OR A TREATISE ON THE ART OF LIVING LONG AND COMFORTABLY BY REGULATING THE DIET AND REGIMEN. BY A PHYSICIAN. SECOND EDITION. LONDON. 1827.

EXTRACTS CONTINUED.

Wine.—"I will venture to assert that wine can hardly ever be given to a child in tolerable health, under fifteen years of age, without immediately deranging the functions of the stomach and suppressing the secretion of healthy bile, and very often it will have the same effect in young persons much above the age now mentioned. Dr. Beddoes states that an ingenious Surgeon tried the following experiment. He gave to two of his children for a week, alternately, after dinner, to the one a full glass of sherry, and to the other a large China orange; the effects which followed were a striking proof of the pernicious effects of vinous liquors on the constitution of children. In the one that took the wine, the pulse was quickened, the heat increased, the urine became high colored, *and the stools destitute of the usual quantity of bile*, while the other, who took the oranges had every appearance that indicated high health. The same effects followed when the experiment was reversed.

"In the consumption of wine, it is worthy of particular remark, that it does not furnish an increase of the powers of life, or ability to produce labor permanently; it only stimulates and excits the action of the powers of the body, without supplying the expenditure of the principle producing those powers. Hence the reason appears evident, why even a slight excess in the use of wine is succeeded by a temporary langour and debility, and if the immoderate indulgence be long continued, by permanent weakness, feverishness and disease in some part of the body."

On the subject of wines and other fermented and intoxicating liquors, with the exception of the extracts we have made above, our author is extremely erroneous and evinces the most profound ignorance of physiology; and, indeed, on the whole subject of diet, like

all others who have hitherto written on this subject, he draws his facts from and founds his reasoning upon what is called experience, exclusively; and therefore, as a matter of course, and at most of necessity, his work is replete with errors and absurdities.

QUANTITY OF FOOD.—"It is rarely that a very aged person is to be found who has not observed a rather scanty diet. Thomas Parr who lived to see his hundred and fifty-third year was always exceedingly temperate, and there is every reason to believe that he would have lived many years longer had he not been taken into the family of the Earl of Arundel where he became accustomed to a more generous diet. Henry Jenkins of Ellerton, in Yorkshire, who lived to the age of one hundred and sixty-nine, was a poor fisherman, and when he could no longer follow this occupation, he went begging about Bolton, and other places, his diet being uniformly coarse and scanty. The Cardinal de Salis, Archbishop of Seville, who died at the age of one hundred and ten, states his diet to have been invariably sparing; and that Cornaro's (who lived above a hundred years) was so, is well known. The celebrated Physician Galen, lived to see his hundred and fortieth year, and was from the age of twenty-eight, always sparing in the quantity of food he took.

"But the small quantity of food does not only ward off disease and prolong life; it likewise preserves the bodily strength; and it will therefore be found *universally*, that, (other things being equal) those aged persons who consume the least food in moderation, are the strongest. The celebrated Dr. Jackson, mentioned by Sir John Sinclair was a remarkable instance of this. He was a Physician of eminence in the medical military department. He says, 'I have wandered a good deal about the world, and never followed any prescribed rule about any thing: my health has been tried in all ways [illegible] by the aids of temperance and hard work, I have worn out two [illegible] in two wars, and probably could wear out another before my period of old age arrives. I eat no animal food, drink no wine nor malt liquor, nor spirits of any kind; I wear no flannel; and regard neither wind nor rain, heat nor cold, when business is in the way.' Sir John Sinclair also states that the late Alderman Watson informed him that at the age of seventy he was free from every bodily complaint, and had never paid five shillings a year for physic and physicians, in the course of his life, which he attributed to having restricted himself to fourteen ounces a day of solid food.

"LEWIS CORNARO used to speak with delight, of the lightness and cheerfulness and serenity which he felt, after partaking of the small portion of food which he was accustomed to enjoy; and there is not an individual who like him, proportions his food to the wants of his system but finds the same *immediate* effects.

"Disease and weakness are invariable and necessary concomitants; and it is a common and dangerous error among the sick and valitudinary, to suppose that, by increasing the quantity of their food, they shall augment their strength, and be better able to conquer their disease. The reverse of this is the truth, and the reason of it is obvious

In all bodily maladies, the digestive functions are much affected, and in the majority they are chiefly and primarily concerned; they are therefore, for the most part, in a state of considerable irritation and debility, and by increasing the quantity of food beyond the small supply which they can then bear with ease, this irritation is strengthened and with it the existing malady. But if on the other hand, we carefully regulate our supplies of aliment under such circumstances, we adopt a principal means of lessening irritation in the stomach and bowels, and likewise in the particular part of the body diseased, while we afford all proper nourishment, and thereby assist nature in her efforts to restore the frame to health. These are the reasons why a considerable diminution in the quantity of aliment is a grand means of the successful treatment of chronic diseases.

"The celebrated Dr. Abernethy says 'when patients apply to me, I offend them greatly by letting them know they have their health in their own keeping. If a man were to do as Cornaro did, he would be rewarded by a long and happy life.'

"It should be observed also, that when those who live temperately, happen to indulge inordinately, it is a most desirable practice for them to live low for the next day or two. Occasional fasting is one of the best antidotes against too much feasting.

"The most nourishing food is always found to be longest under the operations of the digestive functions.

How to Cook Potatoes.—"They should be as nearly as possible of one size, well washed, but not pared;—they should be put into a vessel of cold water for an hour;—then be put into a fresh quantity of cold water with a little salt;—and boiled in a kettle or saucepan closely covered, in the most expeditious manner possible. No more water should be put in than merely to cover them, as they produce themselves a considerable quantity of fluid; when they are done the water is *to be instantly poured off*, and the kettle containing the cooked potatoes to be placed on the side of the fire with the cover off, until the steam is completely evaporated: the potatoes are thus rendered quite dry and mealy before they are sent to the table.

Regimen.—"Every one acquainted with the subject must have been struck with the surprising difference existing between the present inhabitants of this nation, and those of the last and preceding centuries in point of strength of body, and freedom from that irritability of constitution which so manifestly paves the way for an attack of disease, under the incidental operations of any deleterious agent. And to what—it may be asked—can this difference be owing to, but our more luxurious and sedentary habits? 'It was a rare thing in the early part of my life,' says Dr. Abernethy, 'to see many cases of disease produced by increased vascular action, which are now common; and so it is with diseases depending on undue nervous action in a part; for I do not think there was such a thing as *tic douloureux* ever dreamt of in my early days. How this comes I don't know. There has been a great increase of medical men, it is true, of late years, but upon my life, diseases have increased in proportion?'

Air—"In the space of four years ending in 1784, no less than 2944 infants out of 7650, died within the first fortnight after their birth, in the lying-in hospital at Dublin. It was fortunately discovered that this melancholy circumstance arose from their not having a sufficient quantity of good air to breath. The hospital was therefore completely ventilated, and the consequence was that the proportion of deaths was reduced to 279. Hence there was reason to suppose that out of 2944 which had died in the space of four years before, no less a number than 2665 had perished from the want of a due supply of air. In the black hole of Calcutta, out of one hundred and forty-six Englishmen confined for scarcely twelve hours, only twenty-three survived.

"The inhabitants of a town or city, in particular, ought not to suffer any day to pass over without enjoying the pure open air beyond its boundaries.—A walk or ride for that purpose, ought to be considered not merely as the means of exercise but of special importance for procuring the enjoyment of the purest vital nourishment, which, above all, is indispensably necessary to those who are much confined to their houses. —A daily exposure to the open air, is absolutely necessary to secure us against the injurious influence of our variable climate.

How to Avoid Colds.—"It should be observed that, a cold is generally produced by the individual's going from the external cold air, into the warm air of a heated room. When a person, in cold weather, goes into the open air, every time he draws his breath the cold air passes through the nostrils and windpipe into the lungs, and consequently diminishes the heat of those parts. As long as the person continues in the cold air, he feels no bad effects from it; but as soon as he returns home, he approaches the fire to warm himself, and very often takes some warm and comfortable drink, *to keep out the cold* as it is said.—Now this is the very way to fix a cold in the head and chest, because of the sudden transition effected in the temperature of the parts, by the incautious use of heat. It should, therefore, be a rule with every one, when they come out of a very cold atmosphere, never to go at first into a room that has a fire in it; or, if they cannot avoid that, to keep for a considerable time at the utmost distance from the fire, and, above all, to refrain from taking warm drink or strong liquors for some time. When you are actually laboring under a cold, don't wrap up in flannel, nor otherwise keep yourself hot, nor drink much hot liquid; for this will inevitably make bad worse. It should be remembered that a cold is a slight fever, and therefore, the proper treatment is to indulge a little in a very moderately warm atmosphere, to live low, on mild unstimulating food, of a moderate temperature, and to keep the bowels open. Unless the atmosphere be damp, no one with a cold, ought to keep within doors the whole of the day.

These views in regard to taking cold, and the means of preventing and remedying it, are, in the main, very just and important: though the author does not notice all that is concerned as a predisposing and aggravating cause, yet what he does say is well worthy of the consideration of every one. They who always avoid improper kinds of food and drink, *are strictly temperate in quantity*, and keep the skin healthy

and vigorous by proper habits of cleanliness and exercise, are never in much danger of taking cold: and if by any means, they should happen to take a slight cold, a more free use of cold water to the whole surface in bathing, the next morning, the loss of a single meal or entire fasting for a day, followed by severe temperance for two or three days, with free exercise in the open air, a total abstinence from every thing hot and exciting, and avoiding fires and heated rooms, will be sure to relieve them entirely and restore them to perfect health.

Exercise.—"Of all the means of preserving health, exercise is perhaps, that which has had the least justice done to it by the majority of medical writers. In regard to health none of the various processes connected with the important functions of assimilation and nutrition could be properly or adequately performed, unless the body were stimulated for that purpose by labor and exertion. The health of all the parts, and the soundness of their structure depend on perpetual absorption and perpetual renovation; and exercise, by promoting at once, absorption and secretion, invigorates life without hurrying it; renovates all the parts and organs, and preserves them apt and fit for every office they have to perform. It also mainly contributes to the proper circulation of the blood and insures its imbibing the wholesome influences of the atmosphere, which form a principal source of our well-being. A brisk circulation animates the whole man; whereas deficient exercise, or continued rest, weakens the circulation, relaxes the muscles, diminishes the vital heat, checks perspiration, injures digestion, sickens the whole frame and thereby introduces numberless diseases. It should be remembered that the heart of itself is not sufficient to give the blood due motion; to accomplish this, muscular movement is also requisite. There is not a single part of the human machine which a sedentary mode of life does not debilitate. How wisely then did the illustrious Syrus act, when he established it as a rule among the Persians that they should never eat but after labor.

To be continued.

SHORT-SIGHTED PHYSIOLOGY.

Among the popular errors upon the subject of health, perhaps no one is more fruitful of mischief and misery, than that of attributing results to immediate antecedents, without looking back to the remote, though in reality, the efficient reasons. Thus it is not uncommon for an invalid to tell us that he enjoyed perfect health all his life until, on a certain occasion, he ate unusually heartily of lobster or something of the kind, late at night; that he suffered all the horrors of the nightmare during the night; that, the next morning, he found himself very unwell, and from that day to this he has been a moping dyspeptic; he concludes with wondering, (and well may he wonder,) that such a terrible calamity should come so unexpectedly upon a man in perfect health! Palpably absurd as such a notion is, yet thousands entertain it—many, too, who ought to know better.

That a man may pass in a moment from a state of perfect health to one of almost universal disease—that the organs, which at one moment are performing their functions in an entirely regular and healthy manner, at the next moment become irregular and diseased in all their action, seems a notion too absurd to be reasonably entertained by any reflecting man; and yet it is too common. It would seem to be a libel upon the medical profession, to affirm that any of them entertain such a notion; and yet this doctrine is advocated in the following extract from an article in Bell's Medical Library, for April, by Robert Willis, M. D., Royal Physician, &c.—page 59 and 60.—The writer is attempting to prove that human diseases "do not proceed from any derangement of the digestive organs in particular, of the nature of that which we characterize under the name of dyspepsia or indigestion." He says:—

"Let us take one in particular, among the host of diseases which it is almost universally the fashion to regard as depending on a disordered state of the digestive functions—gout; and ask, what is the actual state of matters preceding and connected with an attack of gout?

"Up almost to the hour of invasion the individual is generally in a state of unwonted good health; the stomach is doing its duty with alacrity; the body is replete with nourishment, the mind with energy. This individual retires to rest contented with himself and every one else, thankful to God, we shall presume, for all his blessings, and promising himself much farther cause for thankfulness in renewed and repeated enjoyment of these blessings.

"He goes to sleep and is lapped in Elysium. But by and by he is disturbed by uneasy sensations in the foot or hand, and is aroused to consciousness, wondering what can be amiss. The local pain increases in severity; sleep flies his pillow; he becomes restless and ill at ease; his pulse is full, his mouth parched, his skin hot and dry; and the remainder of the night, begun under such favorable auspices, is passed in misery, the patient tossing from side to side of his bed, and finding a resting place no where.

"The healthy man has become suddenly diseased: there is no whole spot about him, no function in his body that is not disordered, and the physician must be summoned. Now in whatever the disease that has been developed consists, the stomach has certainly had no more part in its production than heart or lungs, liver or spleen, unless, indeed, as a casuist might maintain, it has been doing its duty too well. A diseased condition of the system, the effect, in so far as we know, of repletion, has manifested itself, accompanied and constituted by quickened circulation, suppressed secretions, disturbed digestion, local inflammation, and the other morbid symptoms, which we are accustomed to group together and call by the name of gout."

Now if we know any thing about common sense, there could hardly be a greater number of physiological absurdities crowded into the same compass than are found in that short paragraph. We cannot believe that Dr. Willis was sane when he said "Now in whatever

the disease that has been developed consists, the stomach has certainly had no more part in its production than the heart or lungs, or liver or spleen;" of course Dr. Willis knew better; he knew that the man's stimulating food, his soups, and beaf-steaks, and his rich coffee, and wines had a great deal to do with the production of the gout; he knew that, if the man's habits, instead of being what they were, had been those of the frugal and industrious peasant, he would no more have had the gout than the law of gravitation will be supended; and yet a physician says "up almost to the hour of invasion the individual is generally in a state of unwonted good health. The healthy man has become suddenly diseased" !!

How would the machinist be ridiculed who should say 'I have built you a perfect machine; but very probably, the first you know, that wheel will fly into a thousand pieces, and the whole operation be suspended.' He would probably be allowed to keep his machine.

The truth is;—and it is a truth which should be known, these derangements of the machinery of our systems, termed diseases, are not sudden things; they are the results of causes which have been long at work; so gradually have they operated, that the subject of them, deluded by the notion that all was well while he felt well, and taught to regard occasional illness as natural—a thing to be expected, has not perceived their operation. But the system has been slowly, but surely undermining; the delicate springs of life have been gradually frittered away; the stimulated organs have performed their functions with a fallacious facility; until the nervous susceptibility is entirely exhausted; the jaded organs refuse to act even under their wonted stimulus; and universal prostration is the natural and necessary consequence. The most terrible results often flow from the gradual operation of insignificant causes. One after another, the fleecy snow flakes settle upon the summit of the Alps. We see them, by thousands, lighting upon the surface of a pool,

"A moment white then gone forever,"

or kissing for an instant childhood's up-turned cheek and vanishing without leaving a trace of their existence, and we dream not that such "airy nothings" can be combined into an instrument of devastation. But one at a time, the snow-flakes fall upon the summit of the Alps. Successive winters add, each, its portion, to the accumulating mass. Perhaps for generations it piles into the skies; a thing of beauty and majesty; until a single snow-flake destroys the balance of the accumulations of a century, and the terrific avalanche carries devastation and death into the vales below. And yet every particle of that tremendous mass was a child's plaything; and every one had something to do in producing the ultimate result.

Balloon Ascension a substitute for Salts and Senna.—They make balloon ascensions for their health, in Pennsylvania. Mr. Dunlap lately went up at Kurtztown, and says the trip was of more advantage to him than all the medicine he had taken for ten years. The novelty of the voyage, the pure air which he breathed, and the freedom with which all the circulating fluids of the system are allowed to act in so rare an atmosphere, all combined to produce a salutary effect. Our doctors will soon be prescribing "a balloon ascension" instead of "salts and senna," and our apothecaries dealing out "sky carriages" as they do now "tincture of rubarb."—Boston Post.

SOCIETY OF BIBLE CHRISTIANS IN ENGLAND.

From Dr. Alcott's work entitled "Vegetable Diet."

The "Society of Bible Christians" to which I allude, was in existence in England in the year 1829, and numbered upwards of a hundred members, who abstained entirely from animal food, and had done so for from ten to twenty years. A book was written, at that period, by one of their members, entitled "Vegetable Cookery," with an introduction, somewhat extended, recommending abstinence from animal food and intoxicating liquors. Of the subsequent history of the society—that is, for the last eight or nine years, I have been hitherto unable to obtain any accurate information.

At the close of the introduction to the work I have just mentioned, the Society of Bible Christians sum up their views in the following manner:

"The Society of Bible Christians abstain from animal food, not only in obedience to the Divine command, but because it is an observance which, if more generally adopted, would prevent much cruelty, luxury, and disease, besides many other evils which cause misery in society. It would be productive of much good, by promoting health, long life, and happiness, and thus be a most effectual means of reforming mankind. It would entirely abolish that greatest of curses, *war;* for those who are so conscientious as not to kill animals, will never murder human beings. On all these accounts the system cannot be too much recommended. The practice of abstaining cannot be wrong; it must therefore be some consolation to be on the side of duty. If we err, we err on the sure side: it is innocent; it is infinitely better authorized and more nearly associated with religion, virtue, and humanity than the contrary practice—and we have the sanction of the wisest and best of men—of the whole Christian world, for several hundred years after the commencement of the Christian era."

SIMILAR SOCIETY IN PHILADELPHIA.

The following facts of a more recent date are from the Library of Health for August.

Those persons who have read a work of ours, entitled "Vegetable Diet," will probably recollect the account, at page 214, of a "Society of Bible Christians," as they called themselves, which was in existence in England in the year 1829, and contained upwards of a hundred members; but of which, for the last eight or nine years, the author had received no intelligence. We were the more careful, in regard to our statements on this subject, because a report was then in circulation—which has been still more widely diffused since that time by our busy opponents—that the Society had "run down." Under these circumstances, we were not a little gratified to receive, about the first of July, a most interesting letter on the subject, from the Rev. Wm. Metcalf, of Philadelphia, from which, though without the permission of the writer, we venture to present the following information respecting the origin and progress of this curious society.

"The *Society of Bible Christians*' originated, under Divine Providence, about the year 1807, through the labors of the Rev. Wm. Cowherd, minister of Christ Church, Salford, Manchester. He was a very popular preacher, a man of transcendent talents, a cultivated mind, uncommon eloquence, and withal, indefatigably zealous in his ministerial duties. He preached the word of God gratuituously, and supported himself by the practice of physic. He zealously inculcated, during the last seven or ten years of his life, the doctrine of abstinence from animal food and intoxicating liquors, as a religious duty; and he strictly observed the doctrines he taught. At the time of his death (1816) there were between 300 and 400 of his hearers who had adopted a vegetable diet; having been induced to do so by his example, his lucid and powerful preaching, and by the authority of the Sacred Scriptures. Since then, these principles have continued to be advocated in his church; and a second church has also been built in Manchester, in which the same dietetic views are inculcated; and which is well attended. I understand there are now about 700 members of this religious body, in Great Britain. I may add, that none are considered members who do not wholly abstain from all animal food and intoxicating liquors."

In addition to this very valuable piece of information, Mr. Metcalf gives the following account of what may be deemed an American Colony of the Parent Society, now existing at Philadelphia.

"Early in the year 1817, a company of 39 persons, including among them the writer of this communication, all of whom belonged to this religious society, arrived in the port of Philadelphia, with the intention of making this country their future earthly abode. They were all such as have 'to earn their bread by the sweat of their brow;' hence they became scattered, in order to obtain a subsistence. The result was, that 24 or 25 out of the 39, subsequently relapsed into their former habits of *flesh-eating*. As a minister in this little religious community, you will readily conceive, I felt much discouraged; but believing in the truth of my views, and considering it a duty to endeavour to diffuse the doctrines I had espoused, and to promote a cause which I believed then and still believe to be calculated to add to the physical, mental, and spiritual well-being of mankind, I determined, with the blessing of God, not to give up in despair. I opened an academy, in this city, and made use of my school room on the Sabbath day for religious services, teaching our peculiar views. The school room was, in time, superseded by a small church, which my hearers purchased, and in which we have met each Sabbath, since 1823. Our present number of members is between 80 and 90, including both sexes and all ages; mostly residing in this vicinity. We have been blessed, as a people, with general good health, and I may venture to say we are all satisfied of the superiority of a vegetable diet over that mixed regimen so commonly used."

As some of our readers may like to know further particulars respecting this trans-Atlantic friend, we have added the following paragraph from his private history.

"You will, I presume, naturally and justly conclude, that as a member of that religious society (the Society of Bible Christians) I am a vegetable eater. Should I live to the approaching September, it will then be *thirty years* since I have so much even as tasted either fish, flesh or fowl. I have children and grand-children that have never tasted any thing of the kind; nor has animal food, at any time, been an article of diet in my family."

"That redoubtable champion of flesh-eating and [illegible] the editor of the Boston Medical and Surgical Journal [illegible] sound state of health requires a small quantity of meat. "We have never yet seen an exclusively vegetable-eating [illegible] he adds, "who did not show the evil effects of it;" and his correspondents ever and anon echo back the same sentiments.

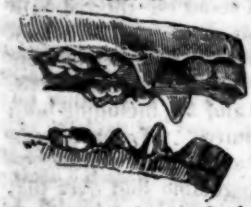
What will they say to such facts as we now lay before them? Will they continue their efforts at reproach and ridicule? Or will they consent, at length, to examine the arguments against flesh-eating, as carefully as they have those which are supposed to be in its favor?

COMPARATIVE ANATOMY.

Extracts from Graham's Lectures on Human Life—Continued.

We therefore, remain without a solution to our question, and are called upon to push our investigations still further, in pursuit of more decided and conclusive evidence. And, fortunately for us, that evidence is near at hand; and just where we should expect to find it; and where we ought first to have looked for it; and where we *should* first have looked for it, if our minds had neither been sophisticated nor misled by education, custom, and depravity.—In the order next below man, we find several species of animals whose alimentary organs in all respects very nearly resemble those of the human body; and in the species which comes nearest to man in general organization and appearance, the alimentary organs in almost every particular, so nearly resemble those of the human body, that they are easily mistaken for them. And few, who are not in some measure acquainted with comparative anatomy, would be apt readily to detect the distinguishing differences. The number and order of the teeth, in the orang outang are the same as in man. The incisors or front teeth (No 8.) are precisely like those of the human head: the cuspids or corner teeth are relatively longer and more pointed and are separated from the other teeth by small spaces; and in all respects approach much more to the appearance of the cuspids of carnivorous animals than the corner teeth of man do. The cheek teeth, like the incisors, so much resemble those of the human head, that it is difficult to distinguish them. The only difference is that, the elevations on the grinding surfaces of the orang outang's teeth, are somewhat more prominent and pointed. The articulation of

No. 8.



The first, or infant teeth of an orang outang, considerably reduced in the drawing.

the lower jaw, the form of the stomach, the comparative length of the alimentary canal, the relative capacity of the cœcum and the cellular arrangement of the colon in the orang outang, all likewise correspond very closely with those of the human body. As a general statement however, the comparative length of the alimentary canal is somewhat greater in man than in the orang outang. Excepting then, that the canine teeth are relatively longer and more pointed and separate, and the cheek teeth somewhat more trenchant, and the alimentary canal rather shorter in the orang outang than in man, the resemblance between the alimentary organs of these two species of animals is perfect.

In the other species of monkeys the cuspids are relatively longer and more pointed, and the cheek teeth more trenchant or sharp-pointed at the corners than in the orang outang. In the baboon the cuspids are large, long and powerful weapons of offence and defence, and in all respects resemble the corresponding teeth in purely carnivorous animals.

In the strictest accordance with the established principles in the science of comparative anatomy then, the alimentary organs of the orang outang are to be regarded as the true type with which we are to compare those of the human body, in order to ascertain the natural dietetic character of man. But we have seen that, in all that the organs of the orang differ from those of man, they bring the orang between man and carnivorous animals; and thus, as it were, push man still farther from a carnivorous character. Yet it is well known that not only the orang outang, but all the other species of monkeys are, in a perfectly pure state of nature, when left free to choose their own nourishment and follow their undepraved instincts, wholly *frugivorous* or fruit-eating animals, — subsisting exclusively upon fruit, nuts and other esculent farinaceous vegetables. And they never, in such a state of nature, feed on animal food, except in circumstances in which even the cow and the sheep become carnivorous; viz. when suffering from extreme famine, and goaded on by

No. 9.

The above drawing is from the jaws of an orang outang aged about 2 years.

excessive and tormenting hunger. In such emergencies, monkeys, sheep and probably most other animals will greedily devour such animal substances as fall in their way, or such as they can obtain.*

But it is said that the orang outang, on being domesticated or brought under the care of man, readily learns to eat animal food, and soon discovers more fondness for it, and devours it more greedily than it does any kind of vegetable food: and hence, it is inferred that this animal is naturally omnivorous, and confines itself to fruits in a state of nature, only because it is unable to procure animal food in a condition adapted to its organization and alimentary wants. But this inference involves a monstrous absurdity: for it assumes that the Creator has constituted an animal with certain alimentary wants and endowed it with corresponding instincts, without giving it the necessary mental and voluntary powers to obey those instincts and supply those wants. Besides, if the fact that the orang outang readily learns to eat animal food, proves that animal to be naturally omnivorous, then the horse, cow, sheep, &c. are all naturally omnivorous animals: for every one of them is easily trained to eat animal food and to subsist on it as a diet. Indeed, they readily become so accustomed to this unnatural mode of living as greatly to prefer their prepared dishes of beef-steak, toast and coffee, to their own natural diet of grass or hay and water. "In Norway, as well as in some parts of Hadramant and the Coromandel coasts, the cattle are fed upon the refuse of fish, which fattens them rapidly, but seems at the same time totally to change their nature, and renders them unmanageably ferocious."† Horses have frequently been trained to eat animal food, so as to demand it with great eagerness and devour it greedily; and sheep have often been so accustomed to animal food that they would wholly refuse to eat grass. By this dietetic change, the physiological condition of the digestive organs may be so affected, that if the animal be suddenly deprived of this diet and exclusively confined to its own natural and proper food and drink, it will at first droop exceedingly, and perhaps become sick, and in some instances die.

It is also true that the lion, the tiger, and other carnivorous and predaceous animals may be trained to a vegetable diet, and learn to live on vegetable food alone; and it is an interesting fact, that if the young of these animals be taken before they have ever tasted flesh, and carefully trained to a vegetable diet till they are grown up, they will discover no desire for flesh-meat.—A friend of mine took a young kitten and carefully trained it to a vegetable diet. It did well and be-

* The inhabitants of Nantucket used to keep many sheep and cows upon the Island without making any provision for them during the winter: and I have frequently been assured by many of the intelligent people of that island, that when the ground was covered with snow, it was a common thing for the cows and sheep to come into the town, and like swine, greedily devour every animal as well as vegetable substance they could find in the streets,—even pulling up and consuming pieces of fish-skin and other animal substances which were trodden down and frozen into the ground.

†Life of Reginald Heber, Harper's Family library, No. 40, page 360.

came a fine cat, remarkable for its strength and activity. When it was full grown, flesh was put before it, but the cat would not touch it. Although the cat was an excellent mouser, yet it was never known to devour or eat any part of its prey; but, having killed the rats and mice which it caught, it would always bring them into the kitchen and lay them down at the feet of some member of the family and there leave them. By slow degrees however, this cat was trained to eat a portion of flesh with its dinner, and after a while appeared to relish it much: yet, if flesh was offered to it in the morning or evening, it would not touch it; and this cat continued to refuse flesh-meat at all other times except at its dinner. Since this experiment, several others have been made with similar results. In one instance, after the cat was grown up, it was occasionally fed with flesh, and was invariably made sick by it.

In this manner, all carnivorous animals, among beasts and birds, can be trained to a vegetable diet. And it is worthy of remark that, this class of animals can be brought to subsist exclusively on vegetable food with less physiological inconvenience and greater safety to life and health, and much less deterioration of the constitution as a permanent effect, than herbivorous and frugivorous animals can be brought to live exclusively on animal food. Hence therefore, if the fact that the orang-outang and other species of monkeys can be trained to subsist on a mixed diet of vegetable and animal food, proves them to be naturally omnivorous, then it is equally proved that the lion, tiger, cat, eagle* and other predaceous animals; and the horse, cow, sheep and other herbivorous animals are all naturally omnivorous. But no enlightened and honest mind will for a moment admit that any of these animals are naturally omnivorous.

It is therefore, perfectly certain that the whole evidence of comparative anatomy, when correctly apprehended and accurately estimated, goes to prove determinately that man is naturally a *frugivorous* animal. And thus it appears that the true evidence of comparative anatomy, and the ancient Mosaic record of the natural history and dietetic character of man perfectly agree. The record explicitely asserts that in the truly natural state of man, ere he had transgressed any of the laws of his nature, he subsisted, according to Divine adaptation and appointment, wholly upon the fruits of trees and the seeds of herbs, or upon fruits and farinaceous vegetables.

For more than two years, I had, in my public lectures, presented the foregoing arguments in regard to the natural dietetic character of man, before I was aware that, similar views had been published by others; as my own knowledge on this subject had been derived almost entirely from actual examinations in comparative anatomy, and from the oral information of living travellers. I have since however, in the course of my general researches, most unexpectedly and agreeably fallen upon the testimony of several distinguished men, which, so far as the evidence of comparative anatomy is considered, fully corroborates my reasonings and conclusions.

* The eagle has been trained to live entirely on vegetable food.

NOTICE OF GRAHAM'S LECTURES

ON THE SCIENCE OF HUMAN LIFE.

[The following article we understand is from the pen of Mr. Charles P. Peo[illegible] merly of Rhode Island, now one of the Editors of the "Botanico-Medical [illegible] conducted by A. Curtis, Columbus, Ohio.]

Prior to our departure from the East, we procured this work and [illegible] with us to the West. We have run hastily over its pages, gathering the [illegible] were ripe for the harvest. We might sift some parts of this [illegible] disposition to point out the minor faults of a work so pre-eminently [illegible] a purer and healthier state of things, if man, in his ignorance, [illegible] ready run so low as to be incapable of rising to the blessings he has [illegible] blindly cast aside from his view. The work is a noble production of [illegible] phy and intellect—and it will remain a monument sacred to the [illegible] through ages long after he shall have been gathered to his fathers.

To prevent, rather than cure disease, has ever been the final aim of [illegible] ing our short connection with medical studies, our eye has been directed to the cause disease, and the means to be pursued to obviate them, as being altogether [illegible] combatting the effects, or actual disease, by medicine, even though the [illegible] were the most unexceptionable that it were possible for such action to [illegible] active medical process is necessary, we have seen no reason to doubt [illegible] sonian System is incomparably more natural in its ways and means, [illegible] which has yet been offered to man for his approval or condemnation. S[illegible] strained to go for the much better practice of preventing disease, by [illegible] the root of its causes. At the very threshold of our medical studies, w[illegible] could be no permanently successful termination of our researches s[illegible] Hence we have labored continually, in our limited sphere, to point out the [illegible] ease, that it might be prevented there, without waiting the manifestation of [illegible] We saw full clearly that, to attempt a purification here, while the first [illegible] infraction of Nature's laws, remained to produce their morbid effects, [illegible] could not secure a permanent state of health. We recommended again and [illegible] works of George and Andrew Combe, because we saw them rising from the [illegible] of the old school and pushing off on the right train to practical physiol[illegible] health. We saw that their labors were calculated to diffuse light into the [illegible] darkness; and we now have the sweet satisfaction of placing Sylvester Graham on the list as among the first of the benefactors of mankind. He belongs to the ne[illegible] and is one of her pioneers who unfolds the varied causation of disease and the its prevention. In the same spirit of others of the same school, his anatomy and ph[illegible] logy is made practical and enlightens the path of every one who will walk therein. Alcott, we learn, is of the same school, though his works have never yet come und[illegible] view. Now it is this kind of anatomical and physiological knowledge that we said should be common to all, and the indispensible requisites of our schools. The matter is rendered perfectly familiar by the worthy personages of whom we have spoken; and a moment's reflection must suggest the vast utility of the introduction of this kind of knowledge into all our nurseries of learning. How can we more properly enlighten the rising generation than to teach them a knowledge of themselves—the causes of health and disease—of good and evil which is set before them. They will then know that of which the mass of mankind are now ignorant. If they choose the good—health, happiness and long life will be the fruit they shall gather. If they choose the evil—disease, bondage to the doctors, and untimely death, will be the penalties, of wrong-doing and disobedience.

All this knowledge is emenating and is to emenate and be diffused from the new school of moral and practical physiologists. The physiology, as taught in the old school, is a physiology of abstractions. It has been of little or no utility on the great scale of the vital concerns of life; and even the practising regulars, whatever may be the extent of their physiological speculations as learnt from their professors, are continually visiting, in their medical practice, the plainest common-sense physiological laws; and what better are we to expect so long as they shall remain as they are, without any practical originality—"cabin'd, cribb'd, confined" to the usages of their schools whose basis is upon "hypothesis piled upon hypothesis," yielding only "ineffectual speculation."

Take for example the large physiological work of Professor Dunglison; and we select this, only because the various views of the abstract physiologist are gathered together in this work more extensively than in any other. But what light does this massive ob shed along the obscure path of man? and in what consists its practical utility to the

great and suffering interests of humanity, engulphed in ignorance, disease and death. [illegible] converge to a focus to establish the useless speculations attempted? O, no [illegible] has cited a vast array of names from all the world to prove uncomeatable [illegible] and their contraries—points so hidden that, whether proved one way or the [illegible] would be of no essential benefit on the extensive scale of active life.

Such are the labors of the old school physiologists. Instead of applying the plain and comprehensive truths of this science to the wants of society, they wrap themselves up in their speculative garb, and attempt to penetrate to the Ultima Thule of all the non-essential minutiæ or profitless abstractions, as if these ineffectual speculations were of paramount importance for the prevention and cure of disease. So far from this, the physicians of such physiology go forth in their campaigns against the sick with their minds in confusion worse confounded by all they have learnt, and utterly overlook the plainest and most obvious physiological indications.

How different from this are the labors of the new school whose physiological labors are of vast and immense value on the great scale of civilized life. Here every thing is made to serve an extensively useful and practical bearing; and hence this knowledge is of the greatest importance, and should be diffused throughout the whole length and breadth of society.

To conclude, we say let no family remain without Graham's Lectures on the Science of Human Life. The moral bearing of the work is no less important than its physical; for, so long as the body and soul are clenched together, the purity of the one cannot be secured without the other. Who ever knew an unclean body united with a pure and elevated soul? It is a true saying that "even from the body's purity the mind receives a secret, sympathetic aid."

In the great and holy cause of temperance—and total abstinence from all that is bad—Mr. Graham's book must be regarded as the head of the corner; and it is to be hoped that the world will not reject it. Intemperance in eating and intemperance in drinking, [illegible] closely akin for one to reproach the other; and if we would work out our physical and moral salvation, we must seize all our evil voluntary habits with an iron grasp and cast them behind us as Legion. We must do this, or we shall look in vain for the dawning of the millenial sun.

NEVER HURRY INFANTS TO STAND OR "GO ALONE."—Mr. Combe in one of his late lectures mentioned a fact of such importance, with regard to a universal practice, that we hasten to give it the widest publicity.

Parents greatly delight to see their infants "run alone" at as early an age as possible, and use many methods to induce their children to stand and walk. Now, nature has decreed that "creeping on all fours" for no shallow purpose. The bones, which are the frame-work of the body, do not become perfectly solid till near twenty years of age. In very young children, bones are but pliable gristle, that by pressure or the [illegible] of weight, are bent from their natural shape. When the child stands, its whole weight is thrown on the bones of its legs, which at too early an age are not firm enough for support, and they are thus liable to be bent. If let alone, nature will prompt the infant when to rise up. It will not continue to creep till the age of four-score, as some seem to imagine.

ASSIMILATION.—A writer in an exchange says, "If it be true, as some suppose, that one's nature assimilates to the nature of the food one feeds on, I should think a certain distinguished gentleman lived on flies and handsaws, for his face is as rough as the one and his temper as jagged as the other. Better learn to eat straw like the ox and 'draw' his temper a little.

Remarkable death of a Revolutionary Patriot.—The Cleaveland, Ohio, Herald of the 11 inst. mentions that Timothy Conklin, a Lieutenant in the army under Washington, died at Milan, Ohio, on the 4th inst. aged 96 years. The veteran attended the celebration at Milan, and was watching the national banner unfurl on the Liberty pole, when at the discharge of a cannon, his spirit left the tenement wherein it had been so long a dweller.

POISONOUS FISH.—The Madras Herald of Feb. 2, mentions the arrival there of the ship Ganges, which had suffered severely from fatal sickness on board arising from a singular circumstance. Shorly after leaving Mauritas the Ganges hove to off a fish bank and let down the boats to fish. The men were successful and eat plentifully of what they had caught. They were affected in a very extraordinary manner, being swollen like porpoises, and in the course of a few days fifteen of them died.—Boston Patriot.

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An Address Delivered before the "American Physiological Society March 7th, 1837, By *Dr. Wm. A. Alcott*, President of the Society, price 12 1-2 cts.

"*Evils of Violating the Laws of Health and the Remedy.*"—An Address, delivered before the American Physiological Society, at their monthly meeting, February 7, 1838. By Rev. Abel G. Duncan, Pastor of the Congregational Church in Hanover, Mass.

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New York, August, 1838.

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Quincy July, 1838.

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